

6150 Foreland Garth
Columbia, MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

November 2017

Days of Operation: Tuesday 9:00am – 1:30pm
Wednesday 9:00am – 2:00pm

www.howardcountyaging.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 1	2	3
6	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 7	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 8	9	10
13	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 14	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon No Ping Pong Korean Church 1:00- 3:30pm 15	16	17
20	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 21	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 22	 23	24
27	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 28	Chinese Exercise 9:00am Bingo 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 29	30	